



Quitting Tobacco – What Gets In Your Way?

If you are a tobacco user who has decided to quit, **1-800-QUIT-NOW** is a **free** service that can help. When you call, a trained quit coach in your state will work with you to help you quit and avoid the things that tempt you back into the habit.

It's not easy to quit. **1-800-QUIT-NOW** has helped many people quit for good and we can help you too. The support that **1-800-QUIT-NOW** provides will help you overcome the obstacles – or common *triggers* – that often keep people from quitting successfully. Here are a few ideas to help you with your plan to quit tobacco.

What Is Keeping You From Quitting?

Are there situations that tempt you to smoke or use tobacco products even though you are trying to quit?

People who have successfully quit smoking or using tobacco products report certain circumstances and activities, or *triggers* that tempt them to return to their old habits. Common triggers include:

- Being around other smokers, such as friends, family members, or coworkers
- Feeling anxious or tense
- Feeling sad or depressed
- Drinking beer, wine, or mixed drinks
- Drinking coffee or tea
- Enjoying meals at home, work, or at a restaurant
- Being bored or waiting for someone or something
- Driving a car or traveling as a passenger
- Going through a typical morning routine (many smokers “light up” when they wake up)



How Can You Handle a Trigger Without Smoking or Using Tobacco?

- *Ask others for help in your quit attempt. Quitting is difficult, but with support from friends and loved ones, it can be easier. Ask others to help you by distracting you from trigger events and by not smoking around you. You may also want to contact 1-800-QUIT-NOW and talk with a trained quit coach for additional support.*
- *If you are in a group and others light up, go somewhere else until they finish their cigarettes. When others are smoking, it is tempting to join them. By leaving and not returning until they have finished, you are more likely to follow your quit plan.*

continued

Be a Quitter!

- Think of what you are gaining by quitting (e.g., a healthy body, fresh breath). *It is easy to focus on the negative aspects of quitting. For instance, you may miss the “alert” feeling that you got from cigarettes. By reminding yourself of the positives of quitting, such as being able to climb a flight of stairs without becoming winded, you will find it easier to stay on track.*
- Take a walk, soak in a hot bath, or work on a project to distract yourself from the urge to smoke. *Many people who are trying to quit smoking say that they feel more anxious. Because anxiety is measured as an increase in muscle tension, doing these types of activities may serve as a distraction as well as help you to relax.*



- Drink nonalcoholic beverages and stay away from places where you usually drink alcohol (for a while). *When drinking alcoholic beverages, many people experience a strong urge to smoke. By switching to nonalcoholic drinks and avoiding places that served you alcohol in the past, you can avoid this trigger.*
- Address your feelings by increasing physical activity, writing down goals, or determining how much money you'll save by not spending on tobacco products. *Adding these activities to your schedule as part of your quit plan will help to improve your mood and prevent boredom and depression, two common triggers.*
- Try switching to decaffeinated beverages for a period of time. *When trying to quit, you may feel more irritable and nervous. Because consuming caffeine can affect you the same way, try avoiding it for a while.*
- Know what foods increase your urge to smoke and stay away from them. *You may notice that smoking urges are stronger when you eat certain things, such as spicy foods and sweets. By avoiding these trigger foods, you are more likely to follow your quit plan.*
- Try nibbling on healthy foods to keep your hands busy. *For many people, smoking gives them something to do—especially when they are drinking coffee or tea. When you feel an urge to occupy your hands, try doodling on a scratch pad or nibbling on healthy foods instead.*
- Remove the ashtray, lighter, and cigarettes from your car. *Like many people, you may like to smoke on your way to and from work or school to relieve stress, stay alert, or just pass the time. By removing these items from your car, you can help to avoid this trigger.*
- Turn on your radio or put on your favorite tape, CD, or MP3 and sing along. *Listening to music may help you to avoid becoming bored. Because boredom is a common trigger, you may want to add these types of enjoyable activities to your quit plan.*

What are you waiting for? Call today – **1-800-QUIT-NOW** – and let's get started.

1-800-QUIT-NOW (1-800-784-8669), TTY 1-800-332-8615 is a service of the
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